

Northampton Aquatic & Family Center at JFK Middle School, 100 Bridge Road, Florence, MA 01062

Beginners Yoga Session III Winter 2018

Instructor Beth will break down a variety of yoga poses to teach participants how to better align their bodies. Explore breathing and meditation techniques to help quiet your mind.

MONDAY EVENING CLASSES: 6:00 - 7:00 PM

Location: Aquatic & Family Center

Session III: February 12 – April 9 (8 Classes)

(No class February 19)

Fee: \$55 /\$60 /\$70

(Walk in fee: \$8 / \$10 / \$12)

Fees listed in the order of AFC Member / Resident / Non-Resident

Participants will need to provide their own yoga mat.

Registrations accepted at the AFC at JFK Middle School, 100 Bridge Road, Florence, MA 01062 Mon-Fri 4:00-8:00pm & Sat 10am-5pm and Sun 11:00am-4:30pm, 587-1046

or

Northampton Parks & Recreation Department, 100 A Bridge Road, Florence MA 01062

Mon-Fri 8:30am-4:30pm 587-1040

www.northamptonma.gov/recreation

REGISTRATION FORM ON REVERSE SIDE

NORTHAMPTON PARKS & RECREATION DEPARTMENT - REGISTRATION FORM DO NOT USE this form for Summer Day Camps, Youth & Adult Sports, or Birthday Party registrations: Download those packets at www.northamptonma.gov/recreation New to Northampton Parks & Recreation I have updated my Information Today's Date: ____/____ PLEASE PRINT LEGIBLY ADULT 1 **ADULT 2** Name Name ____ Address Address City St Zip City St Zip Phone: (H) (____) ____ (W) (___) Phone: (H) (____) ____ (W) (____)___ Cell () ______ Email: Email: EMERGENCY CONTACT OTHER THAN PARENT Photo Release: May Northampton Parks & Recreation Department use photos of you or your family members for brochure, website, promotional use? Yes No Phone (____)_____ PARTICIPANT'S FULL NAME: Male Female Current Grade or Date of Birth School Grade in Fall for programs after June Program Name Non-Res Fee Session Day(s) Level Start Date **Basic Fee Total Fee** TOTAL FEE FOR PARTICIPANT | \$ Male Female PARTICIPANT'S FULL NAME: Current Grade _____ or Date of Birth School Grade in Fall for programs after June **Program Name** Session Dav(s) Level **Start Date Basic Fee** Non-Res Fee **Total Fee** \$ TOTAL FEE FOR PARTICIPANT | \$

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